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NEWS WORTH SHARING.



Unsealing the X-Files

FOX CONFIRMS IT'S IN TALKS TO BRING BACK THE LONG-SINCE-ENDED SERIES, AND ITS ORIGINAL STARS — BUT WILL GILLIAN ANDERSON REPRISE THE ROLE OF SCULLY WHEN IT'S STELLA GIBSON SHE ENJOYS PLAYING? **PAGES 11 & 12**

Hundreds welcome home HMCS Toronto



Lt.-Comm. Sheldon Gillis embraces his daughter Ella, 8, after disembarking from the HMCS Toronto on Sunday morning following a six-month deployment. **JEFF HARPER/METRO**

Teary reunion. Ship returns to Halifax after half a year at sea



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Dozens of yellow balloons bobbed in a cold breeze off the harbour as hundreds of people held signs over their heads and cheered as the HMCS Toronto pulled into the Halifax dockyard after six months at sea.

Master Seaman Kurt Sheppard was among the crew wearing white toques and waving from the deck of the ice-crusted frigate Sunday morning. He had the honour of being first off the boat and ran to greet his wife Stephanie and his new daughter, who was born on Christmas Eve. "I was very excited, I couldn't wait to see her," Sheppard told reporters as he held Sadie after kissing her tiny face and closed eyes.

The Toronto was deployed in July to the Mediterranean Sea on Operation REASSURANCE, Canada's response to Russia's military aggression in Ukraine.

Sheppard said he received pictures of Sadie every day, and he put them up on the office door.

In numbers

30,809

Total distance travelled by HMCS Toronto is 30,809 nautical miles.

"I got lots of comments on how beautiful she was," he said, putting his arm around Stephanie.

"We're just glad to have him home," Stephanie said, holding their three-year-old son, Colton.

Commander Jason Armstrong, commanding officer of the Toronto, said highlights of the mission were being the first Canadian ship in the Black Sea in 22 years, and working with NATO allies.

"I was ever so proud of this crew. They did an amazing job," he said as he stood with his children Sara, Jack and wife Monica.

Armstrong said although he was working hard, he knows his wife was "working harder" taking care of the kids.

Being away for Christmas was difficult, he said, but they received many gifts and shout-outs on social media.

"It was just great, the support of our country was awesome — and the world juniors won, so it must have been part of that," Armstrong said with a smile.

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New development could set tone for Agricola Street area

New Centre Plan.

District councillor says feedback at public meeting could lead to broader regulations being developed



RUTH DAVENPORT
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The councillor for the Agricola Street area is urging residents to come to a public meeting on a new development Monday evening, saying the implications are broader than mere approval or rejection of that one project.

"It will give a strong feel to that street and what it will look like in terms of development," said Coun. Jennifer Watts. "This will be a very clear indicator about the project that could definitely set the feel and the look and the experience of people living in that community."

Developer W.M. Fares is proposing an eight-storey

Public meeting

When and where: 7 p.m.,
Halifax Hall, second floor of
City Hall on Argyle Street.

building at 2480 Maynard St., comprised of 70 residential units atop 3,000 square feet of commercial space at ground level.

The proposal is located within the Agricola Street Corridor Study Area, identified as a community that will be governed by the new Regional Centre Plan once complete.

The Centre Plan is intended to develop new planning policies and regulations within "established low-density established residential areas," specifically focused on multi-unit and mixed-use developments.

A staff report tabled before regional council in January notes the Maynard Street project "has merit" because of its location "within a transitioning neighbourhood and in relation to two local streets



The proposed development. CONTRIBUTED

with moderate traffic volumes."

However, it also notes it exceeds policies governing height, massing and scale — but suggests the development could serve as a bellwether for the pending Centre Plan guidelines. "This development proposal could be considered as a pilot project used to evaluate updated development agreement policies and pro-

visions which are currently under development through the Regional Centre Plan Project," states the report.

Though there have been two other mixed-use developments recently approved in the area, Watts said neither required amendment of the local planning regulations for approval.

She said that makes Monday's meeting a rare and

important opportunity for local residents and business owners.

"Any project that's going to go through development, the planning department will be looking very carefully at the discussions that they're hearing generally around development and the specific ones that do move forward before the Centre Plan's in place," she said.

Hundreds of residents return home after flood scare

A routine inspection of the Lake Major dam by Halifax Water led to a flood scare as 135 homes were evacuated over the weekend in Dartmouth.

During the inspection Thursday, it was discovered a fish ladder at the dam was structurally unsound. A failure of the fish ladder could have led to a complete failure of the dam, so an evacuation order was issued on Friday night to homes along the Salmon River, which runs out of Lake Major.



Workers repair the Lake Major dam on Saturday. THE CANADIAN PRESS

"This was No. 1 on our priority list," James Campbell of Halifax Water said of the dam. "Work was planned but fortunately we were able to

discover this problem before it caused major issues."

The evacuation lasted for less than 12 hours and hundreds of residents were allowed to return to their homes by 5 p.m. Saturday.

On Saturday morning, an excavator was reinforcing the fish ladder with boulders, a temporary fix until a full-scale repair scheduled for the spring.

Two locations — the East Preston Recreation Centre and City Heights Church — were opened to evacuated

Closed

Four of the six bridges spanning the Salmon River were closed Saturday and some roads were closed except for local traffic.

residents. At City Heights, there was food and water available, while two city buses idling in the parking lot were there for anyone's pets.

"We had about three dozen people here earlier," said

Jason Cole, the church's pastor. "Everyone seemed calm and no one was frustrated. I think it's easier because it's during the day so people have somewhere to go and things to do while they wait to get back home."

As no fish are spawning at this time of year, Campbell said it wouldn't be an ecological problem to reinforce the ladder with boulders. By the time the fish are spawning again, the ladder and dam will have been repaired.

BRAEDON CLARK/FOR METRO

Dartmouth

Two people stabbed on the weekend

Halifax Regional Police are investigating multiple stabbings that occurred in Dartmouth early Saturday morning.

A 26-year-old man was stabbed in the shoulder during a fight between several people in the parking lot at 90 Tacoma Dr., police say.

The stabbing occurred at 2 a.m. but police weren't notified until EHS asked for assistance at approximately 8 a.m.

While at the residence, a second stab victim was located, also with a non-life-threatening injury. Both victims were transported to hospital and neither is co-operating with police at this time.

There is no suspect description available. METRO

New Brunswick

Snowmobile crash leaves Nova Scotia man, 52, dead

Police say a 52-year-old man from Nova Scotia has died after a snowmobile crash in New Brunswick.

RCMP Const. Nick Arbour says the crash happened on Trail 22 around 8 p.m. Friday in the Island Lake area, about 150

kilometres southeast of Edmundston.

He says the driver was trying to negotiate a turn on the trail when he lost control.

Arbour says the man, who was travelling with a small group of snowmobilers, was pronounced dead at the scene.

He says the investigation is ongoing, but alcohol is not believed to have been a factor. THE CANADIAN PRESS

Douglas McNeil

Dugger dies at 87

Well-known Halifax businessman and sports figure Douglas (Dugger) McNeil, 87, passed away Sunday, the CBC reported. McNeil was a former Conservative MLA for Halifax and member of the Nova Scotia Sport Hall of Fame for hockey. He also opened the Dugger's men's clothing store. METRO

Biz. CFIB calls for policy on construction mitigation

Introducing a construction mitigation policy for Halifax is plain common sense, according to the Atlantic vice-president for the Canadian Federation of Independent Business.

Jordi Morgan said with billions of dollars in infrastructure development set to happen over the next 10 to 15 years, such as the redesign of the Cogswell Interchange and wastewater treatment systems, the city must ensure proper safeguards are in place to protect small businesses from the severe revenue loss they will incur at the hands of construction.

"Many small businesses depend on foot traffic or they depend on people being able to have access to their place of business," he explained, citing the huge losses small business owners in Eastern Passage experienced when Halifax Water closed Cow Bay Road for most of last summer and fall to install a deep storm sewer.

Some area retailers told Metro their businesses suffered losses of 30 to 50 per cent.

Retailers and bar owners along Argyle Street are facing the same struggle, thanks to the construction of the new Nova Centre, Morgan said, who added some businesses have reported a 30 per cent loss.

"We're not saying that necessarily there has to be a compensation program in place," he explained. "But what there has to be is consideration given to these businesses to mitigate the losses they're going to suffer by decisions made by the city."

Better considerations include notifying small business owners far in advance when construction will begin



Construction work on a section of Cow Bay Road last September.
JEFF HARPER/METRO

Motion planned

District 7 Coun. Wayne Mason gave notice on Dec. 3 that he plans to table a motion on the issues of construction and development mitigation to the Transportation Standing Committee during its next meeting on Jan. 22.

and outlining clearer parameters for private developers to ensure that everyone is "operating on the same page," Morgan said.

A HRM spokesperson explained as it stands, if private developers require a sidewalk or road be closed for a project they must apply for a permit.

If approved, it is their responsibility to notify the affected businesses and residents in the area.

But that just doesn't cut it, according to Morgan, who believes that unless some drastic changes are made by council, the city risks losing many of its small-business owners, who will relocate to other provinces where they feel better supported.

"It's tough enough doing business in Nova Scotia at the best of times, it really is," he said. **STEPHANIE TAYLOR/METRO**



Balloons are released during the official launch of the new Christopher Stannix ferry last year. JEFF HARPER/METRO

Resident wants public input on ferry design

Christopher Stannix criticism. Better seating and more bike racks are wanted for the next ferry

Talk to the people

"When you see there are people who have different (needs) and are transit users, it just makes sense to me that you'd consult them." *Kate Watson, of the Hello Dartmouth blog*



RUTH DAVENPORT
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When Halifax's newest ferry set off on its inaugural sail in the harbour last year, Kate Watson didn't know what to expect.

The resident behind the blog Hello Dartmouth explained that like many others at the time she was simply pleased to see a new reliable ferry for the city — named "Christopher Stannix" — the first of three vessels to replace the harbour's aging fleet by 2016.

But months later and with

the construction of the second ferry now underway, Watson is wondering why Halifax Transit hasn't consulted the public for any thoughts on the new design.

Especially since she and other ferry users have turned to social media, airing their grievances and questions about the Stannix's design, from uncomfortable seats to the lack of bike racks, even concerns about the proximity of seats, which poses problems for those in wheelchairs.

"I'm not a wheelchair user, but it makes sense to me that

there are people who see transit through different lenses ... The bureaucrats at Halifax Transit don't necessarily have expertise in every area, but we as the public do," Watson explained.

"There are wheelchair users out there you can talk to. There are people that ride the ferry every day that will tell you, 'This is great, but there's no place to put my bike' ... so why not consult the end users?"

Because consultation processes are commonplace in many civic projects, it's surprising to Watson there has been no public call from Halifax

Transit or the city asking for input on the design of the new ferry — not even a short online survey.

"There's an appetite for citizens to get involved early," Watson explained. "We don't want to be dictated to any more. This is our city and we're making it a place that we want to live."

A spokeswoman from Halifax Transit explained the designs of the three new ferries are under strict constraints by Transport Canada guidelines and are subject to a regulatory framework.

Tiffany Chase also said certain features, such as exterior seating, were selected based on functionality, adding that the Stannix, along with the other vessels in the new fleet, is designed to meet federal standards for accessibility.



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Actual wedding takes place at wedding show

Dearly beloved, total strangers. Jayne and Orrin Young married during the 10th Atlantic Wedding Showcase



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Guests, seated at small tables draped in purple cloth, smiled as Jayne and Orrin Young joined hands and walked down the aisle as man and wife for the first time — with dozens of strangers clapping and cheering from the audience.

The Youngs from Dartmouth were married Sunday afternoon at the Cunard Centre in Halifax, and hundreds of people ended up at the ceremony as they browsed booths full of wedding ideas and services as part of the Atlantic Wedding Showcase.

"Now we know it went off without a hitch, it's awesome," Jayne said with a smile, Orrin's hand around her waist as the newlyweds spoke with reporters.

"I wasn't looking at the other people, though," Orrin said, grinning at Jayne and giving her a hug.

Besides the couple's guests in formal wear, more than 200 people in winter boots carrying bags and wedding magazines sat in rows of white-covered chairs, as fiddle music accompanied the bridesmaids and Jayne down the aisle through the crowd and onto a raised



Orrin and Jayne Young walk down the aisle after tying the knot at the Atlantic Wedding Showcase Grand Bridal Show on Sunday at the Cunard Centre.
JEFF HARPER/METRO

platform. Many snapped pictures on their phones.

Jayne said she had been talking to a friend who is an organizer of the wedding show when she found out they were looking for a couple to marry at the event as part of its 10th anniversary.

When she pitched the idea to Orrin, he was completely on board, Jayne said.

"This is totally an 'us' kind of thing," Jayne said, adding that she's always had connec-

Quoted

"Having to do media interviews after your wedding is ... a very surreal experience."

Orrin Young

tions to the wedding show and even fell through the stage as a child while modelling a flower girl dress.

The couple saved thousands by having their wedding at the show; they said the cake, wed-

wanted to have a public wedding, but it was definitely different than a private one.

"When she said (it was here), I'm like, 'Why not?'" Schreiber said.

Both sets of parents were also supportive, the Youngs said, but Orrin added his mom was being sent pictures during the ceremony as she was in India.

"Hopefully she can find us on the Internet somewhere. I love you, Mom!" Orrin laughed.

\$28.5 million

Nova Star ferry costs released

The provincial government is releasing the specific financial details on the startup and operating costs of the Yarmouth ferry and disclosing that so far, the provincial government has spent \$28.5 million on the ferry service running between Maine and Nova Scotia.

Days after KPMG reports were released with this detailed information blacked out, the province issued a media release Sunday afternoon providing the figures.

The government hired KPMG to review Nova Star's startup and operating costs up to Sept. 30, 2014.

The reports confirmed the \$21 million provided by taxpayers by the end of September was spent as intended. That money was supposed to be spread over seven years, but was chewed up in Year 1.

Since Sept. 30, the government provided an additional \$5 million to Nova Star in October. As negotiations continue for the 2015 plan and funding agreement, government has provided \$2.5 million to Nova Star to cover costs, including berthing fees, fuel, staffing and moving the ship to South Carolina.

This brings the government's total investment in the Yarmouth ferry to \$28.5 million.

Discussions continue with Nova Star Cruises and STM on a plan and agreement that will reduce costs for the 2015 season.

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DEFENDANT

NOTICE OF PUBLIC AUCTION

To be sold at Public Auction under an order for foreclosure, sale and possession, unless before the time of sale the amount due to the plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:

PROPERTY: ALL that certain parcel of land known as 236 Glen Arbour Way, Hammonds Plains, Halifax County, Nova Scotia, also known as PID 40806739 and more fully described in the mortgage registered at the Halifax County Land Registration Office as document number Book 7623 Page 423. The parcel has been registered pursuant to the *Land Registration Act*. The parcel is subject to a Restrictive Covenant registered at the Halifax County Land Registration Office as Document 40417 at Book 6319 and page 1156.

A copy of the description of the property, as contained in the mortgage under foreclosure, is on file at the sheriff's office and may be inspected during business hours.

Date of Sale: February 10, 2015

Time of Sale: 10:00 o'clock in the Forenoon

Place of Sale: Halifax Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.

Terms: Ten per cent (10%) deposit payable to BoyneClarke LLP in trust by cash, certified cheque, or solicitor's trust cheque at the time of sale, remainder within fifteen days upon delivery of deed.

Signature

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Joshua J. Santimaw, Barrister and Solicitor

Feds, Irving Shipbuilding reach deal to build Arctic patrol ships

Increased budget.

Funding for project increased by \$400M, but Irving will have to keep its building costs under control

The Harper government has signed a contract to build its long-promised Arctic patrol ships, but it had to increase the overall project budget by \$400 million in order to do so.

Officials from Public Works and National Defence, along with Irving Shipbuilding President Kevin McCoy, made the announcement Friday in Ottawa ahead of a planned event this week in Halifax.

The entire program is now expected to cost \$3.5 billion, up from the \$3.1 billion initially proposed when the

ships were first announced in 2007 as part of the Conservative government's ambitious plan to rebuild the military.

The ships themselves will cost up to \$2.3 billion to construct and the rest of the allocation is made up of other costs, including jetty improvements, initial equipment and ammunition.

The agreement is to build six light icebreakers for the navy's use in the North and off both coasts, but there will be a ceiling to the budget and officials acknowledge the number of ships could slip to five if the program runs into trouble.

"Should costs increase due to unforeseen factors, the contract will guarantee the delivery of five ships within the same ceiling price," said a government official who spoke Friday at a technical background briefing.

The deal provides incen-



The Halifax Shipyard is shown in this file photo from February 2014. JEFF HARPER/METRO

tives to Irving to keep costs down in order to deliver all six ships on time and on budget.

Essentially, officials have

agreed to a benchmark cost and if it isn't met, Irving's fee goes down. If the company manages to beat the bench-

mark, then its fee goes up.

"It's a fairly simple formula," McCoy said. "As we drive our costs down, both Canada

Arctic patrol ships

Irving expects to begin building the first ship in September.

and Irving share in some of the benefit of the reduced cost."

In order to stay within budget, Irving will have to keep a tight rein not only on its costs, but on those of its suppliers as well, who are already feeling the pinch and have complained to Nova Scotia Economic Development Minister Michel Samson.

The Aerospace and Defence Industries Association wrote Samson last summer with concerns about "onerous conditions," particularly when it comes to matters of intellectual property.

THE CANADIAN PRESS

Nova Scotia man held in Nepal over child sexual abuse charge

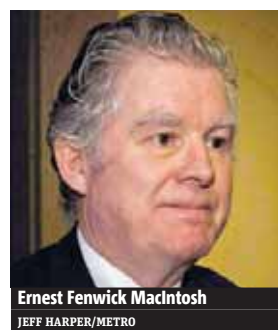
Ernest Fenwick MacIntosh has been arrested in Nepal on charges he lured a nine-year-old boy to his hotel room and had sex with him, a police official said Saturday.

The 71-year-old former businessman from Port Hawkesbury was arrested at a hotel in Lalitpur, a suburb south of the capital, Kathmandu.

He was ordered detained by the district court until the charges could be further investigated, Lalitpur's police chief Pushpa Ranjit said.

MacIntosh arrived in Nepal on a tourist visa in August 2014, and was a frequent visitor to the children's shelter where the boy lived, and they met there, police said. They also said that MacIntosh has been accused of threatening the boy.

The Himalayan Times quoted an official with the Metro-



Ernest Fenwick MacIntosh
JEFF HARPER/METRO

politan Police Range in Jawalakhel as saying the alleged incident at the hotel occurred on Dec. 13.

The newspaper report said police received a complaint from the family of the alleged victim on Dec. 19 that a Canadian tourist lured him into a room at a guest house.

Police declined to provide further details because the case involves a minor; however, they said they were trying to determine whether there might be other alleged victims.

If convicted, MacIntosh could face up to 10 years in jail.

In 2013, an Ernest Fenwick MacIntosh had 17 child sex offence convictions in Nova Scotia quashed, after the Supreme Court of Canada ruled his case took too long to go to trial.

He was accused of sexually abusing boys in Cape Breton in the 1970s and the allegations surfaced in 1995, when he was living in India.

He wasn't extradited until 2007, and the first of his two trials in Nova Scotia didn't start until 2010. His convictions were quashed in April 2013.

THE CAPE BRETON POST, WITH FILES FROM THE CANADIAN PRESS

Pictou County

Woman airlifted to hospital after serious crash

A highway in Pictou County was closed for several hours as RCMP investigated a ser-

ious collision involving a car and a tractor trailer.

A car crossed Highway 6 in the 1500 block of River John just before noon on Friday, in the path of a southbound tractor-trailer that was unable to stop before colliding with the car.

The 74-year-old woman driving the car was taken to Halifax by LifeFlight with serious injuries.

There was no one else in the car and the driver of the tractor trailer wasn't hurt.

METRO

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Man faces third murder charge in fatal fire

Codey Reginald Hennigar. 30-year-old also charged in deaths of two others in same blaze on Old Guysborough Road

Police in Halifax have laid charges in connection with

the slaying of a third person found dead after a house fire on Old Guysborough Road.

According to a release from Halifax RCMP, investigators have charged Codey Reginald Hennigar with second-degree murder related to the death of 74-year-old Ida Raye Ward of Old Guysborough Road.

Hennigar, 30, has also been charged with assault

with a weapon and flight from police.

Firefighters responded to the home around 5 p.m. Jan. 7 and found two bodies inside. A third body was found the next morning after the flames had been extinguished.

A man was arrested late on Jan. 7 after he rammed two police vehicles in the Milford area with a car regis-

tered to the address of the home that burned, about a half-hour drive from the scene.

The two victims first discovered were identified as Clifford William Ward, 81, and Mildred Anne Ward, 54.

Hennigar was charged with second-degree murder in their deaths and made a brief court appearance on Jan. 9. He was remanded and

In court

Codey Reginald Hennigar of Wyse Corner sat with his hands folded and kept his eyes to the floor as two murder charges were read against him on Jan. 9.



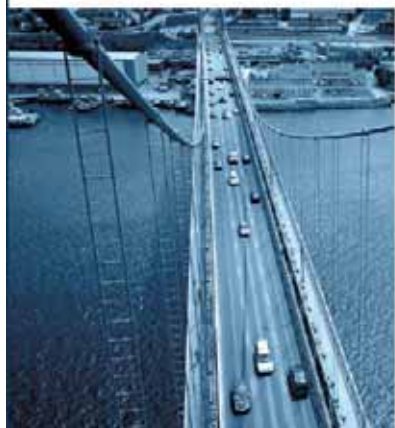
Codey Reginald Hennigar is taken from court in Dartmouth on Jan. 9. ANDREW VAUGHAN/THE CANADIAN PRESS

is due to appear in court on Jan. 30. **METRO**



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THE BIG LIFT NEIGHBOURHOOD MEETINGS

In March construction begins on the Macdonald Bridge suspended spans deck replacement project, also known as The Big Lift.

Halifax Harbour Bridges (HHB) is hosting two neighborhood meetings.

Tuesday, January 27, 2015 6:30pm – 8:00pm
Nantucket Room, Dartmouth Sportsplex
110 Wyse Road, Dartmouth

Wednesday, January 28, 2015 6:30pm – 8:00pm
Italian Canadian Cultural Association (ICCA)
2629 Agricola Street, Halifax

CONSTRUCTION SCHEDULE

March 1, 2015 – Continuous overnight bridge closures begin: Sunday to Thursday (five nights a week) 7:00pm – 5:30am

June 28, 2015 – Sidewalk & bike lane removal and continuous shuttle service begins

August 28, 2015 (weekend off) – First deck segment replacement

August 28, 2015 to Fall 2016 – Deck segment replacement

December 2016 – Sidewalk & bike lanes reopen

September 2017 – Project conclusion

For more information please email
bridges@thebiglift.ca or visit TheBigLift.ca



Crime. Two charged in Bayers Lake camera thefts

Halifax Regional Police say a man and woman from Alberta are facing charges after thefts at two local camera stores.

According to a release, officers responded to a break and enter in progress at the Henry's store in Bayers Lake around 10:15 p.m. Thursday.

A man and another person drove to the store in a white pickup truck, smashed the front door and stole a "large quantity" of cameras before fleeing in the same pickup truck.

At 11:25 p.m., as officers were investigating the first break-in, a second call came in of a break-in in progress at the Henry's on Gale Ter-

race in Dartmouth Crossing.

The release states a man and woman used a white pickup truck to rip the doors off the store and then stole several cameras before fleeing in the same truck.

An officer on patrol found the suspect vehicle outside a hotel near Stanfield International Airport around 1:45 a.m. Friday, and the subsequent investigation led to two arrests in the Truro area.

The stolen merchandise was recovered at the same time.

A 30-year-old man and 23-year-old woman, both from Edmonton, were the two arrested. **METRO**

Agricola St. Woman, 61, hit, injured in crosswalk

Halifax police say a woman has been hospitalized after she was hit at a crosswalk by a car that had been rear-ended.

According to a release, a 61-year-old woman was crossing Agricola Street in a marked crosswalk at the exit of the new roundabout just after 1 p.m. Friday.

A car leaving the roundabout stopped to let her cross when it was rear-ended by a cargo van.

The impact moved the car forward, and the car struck the pedestrian.

The pedestrian was taken to hospital with injuries described as non-life threatening.

The 35-year-old man driving the cargo van has been ticketed for following too closely. The ticket carries a fine of \$233.95 and two points on a driver's licence upon conviction. **METRO**

Weather

Halifax warned of heavy rain, floods

A heavy rainfall warning has been issued for all of Halifax for Monday, with Environment Canada also alerting the public about the possibility of flash floods and water pooling on roads.

Environment Canada says a low-pressure system that is coming from the

southwest will cross the Maritimes on Monday. Rain at times heavy will begin in the morning and end late in the day. As much as 25 millimetres could fall in Halifax.

Localized flooding is possible in low-lying areas, according to the warning, and heavy downpours could result in flash floods and water pooling on roads.

Monday's high temperature is forecast to reach 7 C. **METRO**

Palestine. Baird's convoy pelted with eggs, shoes

Dozens of Palestinian protesters hurled eggs and shoes at the convoy of the visiting Canadian foreign minister Sunday in a show of defiance toward Canada's perceived pro-Israel stance.

John Baird was visiting Ramallah to meet Palestinian Foreign Minister Riad Malki when demonstrators pelted his convoy.

Baird shrugged off the incident. "I was in Mike Harris' cabinet for four years. I got a lot worse," Baird told reporters afterward, referring to Harris's Progressive Conservative government in Ontario.

The Palestinian protesters also held signs reading: "Baird, you are not welcome in Palestine" and "Baird, Jerusalem is our capital."

"We take a strong position supporting the only liberal and democratic state in the region," Baird said. "We take the view that (in) a peace process, progress is best made at the negotiating table and not through unilateral actions on the other side. We're proud of that position, we believe it's the best one and don't apologize for it."

Canada's pro-Israel stance

Canada has been one of only a few Western countries to stand by Israel as it has come under international criticism over deadlocked negotiations with the Palestinians, the recent Gaza war and its settlement building.

- Canada also opposes the Palestinians' unilateral attempts to reach statehood as well as its recent bid to pursue war crime charges against Israel at the International Criminal Court.

Activists from Palestinian President Mahmoud Abbas's Fatah party earlier had called for a boycott of Baird because of Canada's Middle East policies.

"This person backs up the Zionist movement," protester Abdullah Abu-Rahmeh said. "This person diminishes the rights of our people, takes part and backs up building of settlements. We tell him that he's not welcome."

THE ASSOCIATED PRESS

Injured Alberta Mountie still unconscious: RCMP

St. Albert, Alta.

Two Mounties shot Saturday were seriously injured; one of them is not expected to survive



RYAN TUMILTY
Metro in Edmonton

A senior RCMP official says the Mountie seriously wounded on Saturday in a shooting incident in Alberta is not expected to survive.

Deputy Commissioner Marianne Ryan, the commanding officer of the RCMP in Alberta, told a news conference on Sunday that it is "not optimistic" Const. David Wynn will survive. Ryan says Wynn has yet to regain consciousness after being shot in the head.

Wynn, and Auxiliary Const. Derek Walter Bond, were both wounded at a casino in the community of St. Albert when



Police investigate a scene in the shooting of two RCMP officers in St. Albert, Alta., on Saturday. JASON FRANSON/THE CANADIAN PRESS

they were investigating a stolen car.

RCMP have confirmed the identity of the man who shot the two Mounties.

Shawn Maxwell Rehn, 34, was found dead at a rural residence just outside the city Saturday morning. Police have scheduled an autopsy Monday to determine cause of death

and have confirmed that Rehn was known to police.

"The suspect who shot the two RCMP officers early this morning was located deceased in an unoccupied private residence in a rural area east of St. Albert," said Asst. Commissioner Marlin Degrand Sunday.

Degrand would not confirm if Rehn took his own life,

but said that while police had contained the area, they had not had engaged the suspect or communicated with him.

Wynn, 42, has been with the RCMP since 2009 and Bond, 49, has been working as an auxiliary constable since 2008. As an auxiliary constable, Bond is not armed.

The city's mayor, Nolan Crouse, said his community was shaken, but would be there to support the RCMP.

"The residents and the City of St. Albert stand side-by-side with our RCMP members," he said.

Alberta Premier Jim Prentice wished both officers a speedy recovery.

"My thoughts are with their families as they pray for their husband, father and son. I know all Albertans stand in unity and gratitude alongside those impacted by the events earlier today as together we hope for the recovery of both officers," he said.

WITH FILES FROM THE CANADIAN PRESS

Quebec rejects calls to do more to help anglophones

The Quebec government has rejected a renewed call by Canada's official languages commissioner that it create an office of anglophone affairs to better serve the province's linguistic minority.

Graham Fraser told The Canadian Press he met with the three Liberal anglophone members of the legislature and said there was "no indication" the governing party would create a body dedicated to Quebec's 600,000 anglophones.

The government's reaction is not a surprise to community groups in Quebec, who often complain the Liberal government's rhetoric about the



Official Languages Commissioner
Graham Fraser THE CANADIAN PRESS

province's anglophones doesn't match its actions.

The Liberals publicly acknowledge the importance of the province's English speakers

— as opposed to their predecessors who were, at times, openly hostile to Quebec's largest linguistic minority.

But members of Quebec's anglophone minority say local control over institutions at the heart of their community is slowly eroding, as is their influence over public policy — regardless of the government in power.

"The English community has a problem with successive governments," Fraser said. "They tend to be taken for granted whoever the government is. As a result, they have limited clout with Quebec City." THE CANADIAN PRESS

known as bycatch, has become the focus of intense scrutiny in Alaska and will be the subject of debate at a meeting at month's end of the International Pacific Halibut Commission in Vancouver.

Some blame regulations that forbid fishermen from keeping bycatch. Others say it's because of fish sorting and recording methods, and still others point to Alaska's

failure to follow the lead of British Columbia, Washington, Oregon and California.

"Yes, it's a lot of halibut thrown over," said Chris Oliver, executive director of the North Pacific Fishery Management Council. "But again, you know, it supports a two-million-metric-ton groundfish fishery worth billions of dollars ... In fairness, yes, there's a lot of wastage of halibut." THE CANADIAN PRESS

'Wastage'

International meeting on halibut to discuss bycatch

Fishermen in the Bering Sea off the coast of Alaska are tossing back millions of kilograms of dead halibut they've caught unintentionally while scooping up other stocks.

The longtime practice,

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Dr. Jeffrey S. Mogil

E.P. Taylor Professor of Pain Studies; Canada Research Chair in the Genetics of Pain, McGill University, Montreal, Quebec

Dr. Mogil is author of many major reviews in the field of pain genetics, including an edited book, *The Genetics of Pain* (IASP Press, 2004) and is a recognized authority in the fields of sex differences in pain and analgesia, and pain testing methods in the laboratory mouse.

Jill Hayden, PhD
Associate Professor, Dept. of
Community Health & Epidemiology
Dalhousie University and CDHA

Katherine Harman, PhD
Associate Professor
School of Physiotherapy
Dalhousie University

(Ret) Sergeant Todd Berry, CD2
Canadian Armed Forces
Chronic Pain Patient/Consumer

Mary Lynch, MD FRCPC (moderator)
Professor of Anesthesia, Pain Management and Perioperative Medicine,
Psychiatry and Pharmacology, Dalhousie University
Director of Research, Pain Management Unit, Queen Elizabeth II Health Sciences Centre.

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Fighting. Ukraine leader vows to reassert control

Ukraine's president vowed Sunday to reassert government control over eastern regions as the army unleashed a counter-offensive against Russian-backed separatist fighters vying for command over the airport in the city of Donetsk.

The separatist stronghold was shaken by intense outgoing and incoming artillery fire over the weekend as a bitter battle rages for the air terminal and surrounding areas.

Streets in Donetsk, which was home to 1 million people

before unrest erupted in spring, were completely deserted Sunday and the windows of apartments in the centre were rattled by incessant rocket and mortar fire.

The warring sides exchanged rocket fire along several points in the roughly 350-kilometre front line.

Regional authorities loyal to the government said two children, aged 7 and 16, were killed when a rebel shell hit their home in Vuhlehirsk, a town 75 kilometres northeast of Donetsk. **THE ASSOCIATED PRESS**

France

Police release 3 suspects, hold 9

French police have released three female suspects from questioning, but will keep nine other people in custody as part of an anti-terror investigation connected to last week's attacks in Paris that have put Europe on high alert, officials said

Sunday.

Amid the heightened European vigilance, a far-right rally in Germany planned for Monday was cancelled over a terrorism threat, Italy said it had expelled nine suspected jihadis since late December and Britain's home secretary called for new action to fight anti-Semitism in the wake of the Paris attacks.

THE ASSOCIATED PRESS

Pope draws 6 million to massive Mass in Manila



In this aerial photo provided by the Philippine Air Force, a massive crowd of Filipino faithful fill up the Rizal Park during a Mass celebrated by Pope Francis Sunday in Manila, Philippines. PHILIPPINE AIR FORCE/AP PHOTO

Record figure. Francis dedicated the final part of his week-long Asia trip to children

A crowd estimated at a record 6 million people by officials poured into Manila's rain-soaked streets and its biggest park Sunday as Pope Francis ended his Asian pilgrimage with an appeal for Filipinos to protect their young from sin and vice so they can instead become missionaries of the faith.

The crowd estimate, which could not be independently verified, included people who attended the pope's final Mass in Rizal Park and surrounding areas, and lined his motorcade route, said the chairman of the Metropolitan Manila Development Authority, Francis Tolentino.

The Vatican spokesman, the Rev. Federico Lombardi,

said the Vatican had received the figure officially from local authorities and that it was a record, surpassing the 5 million who turned out for St. John Paul II's final Mass in the same park in 1995.

Francis dedicated the final homily of his week-long Asia trip, which began in Sri Lanka, to children, given that the Mass fell on an important feast day honouring the infant Jesus. His focus was a reflection of the importance that the Vatican places on Asia as the future of the church since it's one of the few places where Catholic numbers are growing — and on the Philippines as the largest Catholic nation in the region.

"We need to see each child as a gift to be welcomed, cherished and protected," Francis said in his homily. "And we need to care for our young people, not allowing them to be robbed of hope and condemned to a life on the streets."

THE ASSOCIATED PRESS

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Irish Cabinet member tells nation he's gay

A senior Cabinet minister in Ireland says he's gay, becoming the first openly homosexual government figure in the history of the traditionally conservative Catholic country.

Sunday's announcement on state radio by Health Minister Leo Varadkar received widespread praise for

its straightforward honesty. Analysts said his decision was likely to be viewed with hindsight as a landmark of social change in a country that, until 1993, outlawed homosexual acts.

Varadkar said he decided to declare his sexuality in advance of government moves this year to advance gay

rights. These include plans to legalize gay marriage, permit homosexual men to donate blood, and create greater parenthood rights for gays in surrogate-pregnancy cases. He said May's constitutional referendum on gay marriage, in particular, got him thinking about going public.

THE ASSOCIATED PRESS

Black Congress members push for federal reform

Leading black members of Congress took to a church pulpit in Ferguson, Missouri, on Sunday to trace a direct link from slain civil rights leader Martin Luther King Jr.'s legacy to the fight for criminal justice reform after recent fatal police shootings across the U.S.

Rep. William Lacy Clay Jr. spoke to parishioners at Wellspring United Methodist Church, just blocks from where violent protests broke out after a white Ferguson police officer

shot an unarmed black man, 18-year-old Michael Brown, and again after a grand jury declined to indict the officer.

"We need to be outraged when local law enforcement and the justice system repeatedly allow young, unarmed black men to encounter police and then wind up dead with no consequences," the St. Louis Democrat said. "Not just in Ferguson, but over and over again across this country."

Clay sharply criticized St.

Louis County Prosecutor Bob McCulloch's handling of the grand jury that investigated Brown's shooting. He cited an anonymous jury member's lawsuit seeking to publicly speak out about the grand jury proceedings, which aren't public. He also noted legal and ethical complaints filed over the prosecutor's actions, including allowing witnesses whose testimony had been discredited to testify before the grand jury.

THE ASSOCIATED PRESS

Dating site's legal battle with ex-employee ends

Concluded affair.

Ashley Madison, former profile writer agree to have their case dismissed

The legal battle between a Canadian dating site for married people seeking affairs and a former employee who claimed she was injured typing up fake profiles has come to an end.

A lawsuit and countersuit between the Toronto-based Ashley Madison website and Doriana Silva have been dismissed without costs by the Ontario Superior Court.

The parties agreed to the move after the court threatened to dismiss the suits with costs, noting the cases still hadn't been placed on a trial list more than two years after the initial lawsuit was filed.

Avi Weisman, vice-president and general counsel for Ash-



The homepage of the Ashley Madison dating website is displayed on a laptop in Hong Kong in 2013. A legal battle between the Toronto-based website and a former employee has been dismissed by the courts. GETTY IMAGES FILE

ley Madison's parent company Avid Life Media, says the company is "very pleased with the outcome."

The dispute began when Silva — who came to Toronto from Brazil — sued her former employer in 2012, alleging she seriously hurt her wrists and forearms typing up 1,000 "fake female profiles" over a few weeks for a new Portuguese-

language version of the site.

She sought \$20 million for what she called the company's "unjust enrichment" at her expense.

In her claim, Silva said the profiles were meant to lure unsuspecting men to join the site.

Ashley Madison denied the allegations and slapped her with a countersuit, claiming she kept confidential docu-

ments, including copies of her "work product and training materials."

The countersuit sought to retrieve the documents and obtain \$100,000 in damages plus legal costs. The company also argued that the nature of what Silva typed was irrelevant and simply thrown in to tarnish the company's reputation.

Silva claimed she was unaware that writing the profiles was not common practice, and would have otherwise refused. She also claimed she made her superiors aware of her injuries and that they were ignored.

In the company's statement of defence, Ashley Madison said Silva only mentioned her injuries following the end of her probation period, at which point she was able to take time off.

The company alleged Silva continually delayed her return, claiming she had since led an active online presence, which it said would not be possible were she seriously injured.

THE CANADIAN PRESS

Online retail. U.S. stores a step ahead of Canadian companies: Analysts

Quoted

"I think (Canadian) retailers have been complacent."

Doug Stephens, retail analyst

vices," she said.

She suggests the goal for Canadian retailers may not be to mirror the U.S., but rather, countries in Europe or even Australia that have similar distribution challenges, including in-store delivery or pickup at lockers available after hours.

Canadian Tire seems to be taking this route, as customers are allowed to pick up items in-store, but the company said e-commerce won't be a meaningful part of its business until 2017.

Hudson's Bay executive chairman Richard Baker emphasized the importance of digital sales. The company's hope is to have digital sales account for 20 per cent of overall sales within the next five years.

THE CANADIAN PRESS

Aggressive moves by U.S. retailers to win over Canadian online shoppers with perks such as price-matching and free shipping might be just what Canadian stores need to sharpen their e-commerce offerings.

"I think (Canadian) retailers have been complacent — until now, (But) things are changing with the influx of U.S. competition," says retail analyst Doug Stephens.

Stephens said pressure is building for established retailers such as Hudson's Bay Co. and Canadian Tire to beef up their online presence. The experience companies like Amazon and Walmart have in e-commerce, as well as the speed online-shopping technology is evolving puts Canadian retailers at a disadvantage.

Retailers have also been held back by legacy computer systems, said Sally Seston, founder of Retail Category Consultants.

"It's a huge expense to make that leap into the technology, to be in the position of where you need to be to add these ser-

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VOICES

TIME — OR PAST TIME?

With council approving yet another deeply unpopular development for suspect reasons, shouldn't we update municipal campaign finance legislation yesterday?



HALIFAX MATTERS
Stephen Kimber

So let me see if I have this correct.

Dino Capital proposed a 142-unit twin tower development on south-end Wellington Street in Halifax that would squish 354 people into air space approved for just 253, increasing the overall density of the residential street by 50 per cent.

City planning staff objected. Volunteer planning experts argued the eight- and 10-tower complex was a bad fit.

Over the objections of the two councillors who represent the area, the project proceeded to a public hearing.

More than 50 people lined up at the microphones during a four-hour talkathon last December. It is fair to say they were not enthusias-

tic. In fact, more than 1,000 people, most from the neighbourhood, signed a petition opposing the development.

Last week, Halifax city councilors filled up yet another three hours debating the issue before voting (after an amendment that made the project 20 per cent smaller, but no more popular among residents) 9 to 6 to — wait for it — approve the project.

Why?

Well, if you ask Coun. David Hendsbee (Preston-Chezzetcook-Eastern Shore), who voted yes, he did so because residential Wellington Street, population roughly 700 individuals, is a "corporate street ... it fits the landscape proportionately."

Uh... OK.

Coun. Gloria McCluskey (Dartmouth Centre) explained her yes vote by criticizing the planning department for having approved

Campaign donations

Let us simply ... ahem ... consider the general generic reality of from whom would-be councilors raise funds to get themselves elected. We know, without knowing details — specific disclosure not required — that close to half of all current councillors received one-third or more of their campaign donations from developers.

three buildings in her Dartmouth district a few years earlier with "no thought of compatibility ... no test of sensitivity ... no thought of the effect on the community.... If I sat here today and

said this is wrong, how would the people of Dartmouth feel?"

Wait a minute. You said yes to a project the planning department rejected for ... spite?

Let us not burrow too deeply into the mental gymnastics of the individual councillors who voted in favour of this particular project.

Let us simply ... ahem ... consider the general generic reality of from whom would-be councilors raise funds to get themselves elected.

We know, without knowing details — specific disclosure not required — that close to half of all current councillors received one-third or more of their campaign donations from developers.

Is it time to pass realistic municipal campaign finance legislation?

Or is it past time?

Your call.

Your Halifax



Quality REASSURANCE

Families line the docks at CFB Halifax with balloons and signs to welcome home HMCS Toronto on Sunday morning after a seven-month deployment to the Mediterranean Sea on Operation REASSURANCE, Canada's response to Russia's military aggression in Ukraine.

JEFF HARPER/METRO

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readers@metronews.ca

Upcoming

Time to talk taxes, Halifax

OK, sure, it's not the most exciting topic in the world, but when you think about how much it impacts our daily lives, it's unquestionably important. The province is gearing up to release its spring provincial budget and is holding eight public meetings across Nova Scotia to get the public's input on taxes, and the tax system. The first meeting takes place in Halifax on Tuesday at Mount Saint Vincent University, Rosaria Multi-Purpose Room 302. The meeting kicks off with an information session at 6 p.m., followed by a two-hour discussion beginning at 7 p.m. A second public information session will take place in the city on Feb. 10 at the Nova Scotia Community College Waterfront Campus. **METRO**

Name that ferry

Voting continues on the name for the new Halifax Transit harbour ferry, expected to set sail this summer. The online survey — halifax.ca/surveys/#_blank — runs until Jan. 30. There are six names to choose from: Craig Blake: The first Canadian sailor to be killed in the Afghanistan war; Vincent Coleman: The hero who sacrificed his own life to warn thousands of people to flee from the Halifax Explosion; Walter Fitzgerald: A longtime educator and former mayor of Halifax; Ruth Goldbloom: Co-founded the Pier 21 Society, which eventually established Pier 21 immigration museum; Maxine Tynes: African Nova Scotian writer who has written about the discrimination faced by residents of Africville; Raymond Taavel: A well-respected LGBTQ activist and former chair of Halifax Pride. He was murdered in 2012. **METRO**

Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES



Mariah Carey ALL PHOTOS GETTY IMAGES EXCEPT WHERE NOTED



Nick
Cannon

Nick is Wild 'N Out as he files for divorce from Mimi

It looks like any hopes of reconciliation between Mariah Carey and Nick Cannon have been dashed, as TMZ reports that Cannon has "quietly" filed for divorce last month.

The move comes just 10 days after Carey was late to a Christmas tree-

lighting ceremony, forcing her to sing live and unprepared. Sources say her tardiness was caused by phone calls with her lawyers hashing out the terms of the divorce, as Carey is keen to keep Cannon out of her upcoming big-ticket residency series in Las Vegas.

Hey, remember last April when divorce rumours first started to swirl and Cannon vehemently denied them? Oh well.

Curvy model gives the skinny on the weight of women in Hollywood

Plus-size model Ashley Graham has a bone to pick with Hollywood about how definitions of size have changed.

"You girls don't have much to look at. Curvy women are not on the covers of magazines, they're not talked about on social media as much as other celebrities," Graham writes in an essay for Net-A-Porter's The Edit. "Jennifer Lawrence is the media's poster girl for curves — she's tiny!"

Wait, who are these people calling Jennifer Lawrence a big girl, and how do I shut them up? Because come on.



Ashley Graham

Fox in talks to re-open the X-Files



Fox is in talks with David Duchovny and Gillian Anderson to bring back The X-Files for a limited series. CONTRIBUTED

It turns out that Fox had such a good time bringing 24 back for a limited series last year that they're now eager to dip into other long-since-ended favourites for similar treatment. Up first? The X-Files, Fox chairman Gary Newman confirmed to the Television Critics Association over the weekend.

And that's not all. Apparently the network is already talking to stars David Duchovny and Gillian Anderson to find a schedule that works for them to return. Because, as we learned with the last two seasons of the original show, it just doesn't work without Mulder and Scully.

2 SCENE

Playtime was never this fun

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Anderson prefers Stella role to Scully

Netflix. The Fall star talks Jamie Dornan, complex female sleuths and swimming

There's agent Dana Scully of The X-Files and Blanche DuBois in A Streetcar Named Desire. Also Lily Bart in The House of Mirth, with a little Bedelia du Maurier, aka, Hannibal Lecter's shrink, thrown in.

Of all the period costumes and unraveling of twisted psyches that Gillian Anderson has taken on, she likes her Stella Gibson the most. Gibson being the enigmatic detective superintendent sent from London to Northern Ireland on the critically acclaimed serial-killer series The Fall, a.k.a. the thing Jamie Dornan finds himself in the middle of as Fifty Shades of Grey madness begins to take a tighter hold.

Anderson had little to say about Dornan in a recent interview, begging off because the two didn't physically work with each other on The Fall during the first season. They do a little the second time around as Dornan's woman-killer, ex-family man Paul Spector, goes on the run.

Netflix drops the second season of the taut, Belfast-set drama Friday.

"Jamie Dornan wasn't Mr. Fifty Shades of Grey" when the slow-paced, cat-and-mouse show began on Irish television and the BBC, Anderson said. "Jamie Dornan was cast after having done very little, and we cast him before Fifty Shades of Grey, so that's what our starting point was. This was a fresh face of somebody who was clearly a very good actor."



Gillian Anderson GETTY IMAGES

The 46-year-old Anderson, who has won awards for both stage and screen work, owes her early success to Scully, but considers Gibson the most interesting on her resume, with little-to-no backstory provided for the character during the first five-episode season.

"The script for The Fall was very different than anything I've read before, and I felt that Stella was about as complex a character as I ever encountered," she said.

"That appeals to me. Even after the second season, after we do get hints here and there, maybe bits of her past, you're still asking the question who is she and what makes her tick?"

One thing that keeps Gibson going is lap swimming. Anderson hit the pool herself the first season but required a body double for the second.

"I don't generally enjoy it," Anderson said of Gibson's pool obsession. "But the day that we shot all those scenes I thought this is OK, I like this. I could maybe do this on a regular basis, and then between that point and the time

that we shot the second season I developed what's called a frozen shoulder."

As for how television's female crime fighters have changed over the years since the X-Files debuted, Anderson doesn't really know. "I

don't watch TV myself," she said. "I seriously don't know how people find the time. ... I have a lot on my plate and when I'm (on) airplanes, I'm writing. I'm more likely to choose a film if I do make that time for myself."

In addition to three kids, Anderson has given birth to A Vision of Fire, the first of a science fiction book trilogy co-written with Jeff Rovin. And she's been working "for about 100 years" on a screen adaptation of Elizabeth Rosner's debut novel, The Speed of Light, about a brother and sister dealing with their father's secret past.

She's now also one of the executive producers on The Fall, which saw the exit of director Jakob Verbruggen. Season 2 duties fell to creator Allan Cubitt. Anderson said she can "pretty much" promise a third season. With Dornan?

"We don't know that he's gonna follow us into a third season," she said. **THE ASSOCIATED PRESS**



Jamie Dornan

"We cast him before Fifty Shades of Grey... This was a fresh face of somebody who was clearly a very good actor."

Gillian Anderson, speaking of her costar in The Fall

TV buzz. Walking Dead spinoff to be familiar but different — like zombies



Andrew Lincoln as Rick Grimes in Walking Dead. CONTRIBUTED

With the spinoff for The Walking Dead ready to go into production, show creator Robert Kirkman is revealing a few clues about the new zombie series.

He says it'll be kind of the same and yet "startlingly different."

"I will say that this is going to be a show about family," Kirkman tells Entertainment Weekly.

"But it's going to be a show about a different type of family that we haven't explored in The Walking Dead

thus far. So what we're trying to do with the Walking Dead spinoff is keep the story as familiar as possible for people that love The Walking Dead ... but at the same time we'll want to tell these stories in a completely different way with completely different people in a completely different setting that's going to make for a fundamentally different show."

Kirkman brought in a new director, Adam Davidson, to give the spinoff its own identity. **THE CANADIAN PRESS**

DVD review



The Drop

Director. Michael R. Roskam

Stars. Tom Hardy, Noomi Rapace, James Gandolfini

This underworld drama boasts the final major screen performance by James Gandolfini, who died in 2013. He's spot-on as Marv, the owner of the seedy Brooklyn bar where the film's title happens on a regular basis: fat envelopes of gangster loot are slid into a safe beneath the beer taps.

But it's not Gandolfini who defines this slight yet compelling English-language debut by Belgian director Michael R. Roskam. That honour goes to Tom Hardy, a fabulous chameleon who almost vanishes beneath the worried brow of Bob, The Drop's narrator and protagonist. When Bob discovers an abused and injured pit bull, he also finds a mystery woman named Nadia (Noomi Rapace), who at first tries to keep her distance. Enter a dangerous third party: Nadia's unstable ex-beau Eric (Matthias Schoenaerts).

The Drop is steeped in a simmering underworld familiar to fans of late directors Sidney Lumet and Arthur Penn, and stripped of primary colours like their 70s cinema classics.

Tusk

Director. Kevin Smith

Stars. Justin Long

Neither fish nor fowl in its ludicrous tale of an arrogant Yankee podcaster (Justin Long) being turned into a walrus by a deranged Canuck seafarer (Michael Parks), Kevin Smith's Midnight Madness misfire flip-flops between bad comedy and dumb horror. The horror might have worked if Smith kept it to one good reveal of the Frankenwalrus, which actually is pretty creepy. But "excess" is Smith's middle name, so the show goes on ... and on. **PETER HOWELL**

TOP SIX @ 6 Weeknights at 6 Kat counts down the HOTTEST songs of the day

- 6 Pitbull ft Ne-Yo Time of Our Lives
- 5 Hedley Pocket Full of Dreams
- 4 Sam Smith I'm Not The Only One
- 3 Taylor Swift Blank Space
- 2 Nick Jonas Jealous
- 1 Mark Ronson ft Bruno Mars Uptown Funk

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Know where your money goes

Spending journal. Get a pen and notebook, and start writing down what you spend — no fancy app required



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Once you start keeping track of where your money goes using a spending journal, you will be surprised at how often you buy coffee, gum, a mid-afternoon snack. You will be astonished at how often you go into shoe stores, tool stores and restaurants. Your spending journal will make you aware of where your money is going.

If you don't want to change how you're managing your money, you also probably don't care about how not paying attention affects you. Hey, enjoy your life. Just don't whine if down the road things don't turn out as you thought they would. You know the saying: "Insanity is doing the same thing over and over again and expecting different results."

If you're determined to know what you're doing with your money, regardless of how uncomfortable it makes you initially, get yourself a notebook and a pen. That's your spending journal. No fancy app required. No special tools needed. A pen and a notebook is all it takes.

Write your current bank balance at the top of the first page. Every time you spend a cent, deduct it from the balance in your journal. It doesn't matter if you're spending it using cash, a debit card, a credit card, cheques, or a bank transfer. Every penny gets



In your spending journal, you'll note when you take cash out of the bank, and what you spend the cash on. ISTOCK

Just do it

- People often assume that I'm good with money because I like doing all the tracking I talk about. Are you crazy? Who wants to do that? It's not a matter of like or not like. I'm not so keen on cleaning my toilets and hauling

out the garbage either, but I do it. There are days when I don't want to collect receipts or write in my spending journal, when I just can't be bothered. But if I'm not taking care of my money, who will?

tracked. (If you take cash out of the bank, you'll deduct the withdrawal and leave some space in your journal to note what you spent the cash on. Don't cheat!)

This will help you figure out which expenses are necessary and which are, well, not so much.

When you get money, add it into your spending journal. This could be a paycheck,

government cheques or a refund of medical expenses. Every penny that comes in goes into the spending journal. If you make money in cash, you must enter that too. Slipping the cash into your pocket and spending it willy-nilly is cheating.

If you've been unconscious about your money for quite some time, it's likely going to take a bit of time to develop

some new habits. Don't get impatient with yourself. Impatience will only distract you from the task at hand. You have, after all, a lot to learn.

You have to:

- distinguish between "needs" and "wants;"
- communicate with your friends and family about your new awakening and the changes you'll be making;
- recognize the impact marketing and advertising has on you, and resolve not to be influenced;
- create a balanced budget and track your expenses on a daily or weekly basis;
- recognize the importance of saving both for emergencies and for the long term;
- do the hard work it will take to come up with a debt repayment plan and then execute that plan;

- learn to not only see today's immediate needs, but plan for things you will need and want in the future;
- lead by example; show your children how to take charge of their money so they don't end up making the same mistakes you did;
- be willing to seek help if you feel overwhelmed or lost along the way.

Change is never easy. Most people hate change. There will be times when you fall off the rails. You'll lose track of a receipt and kick yourself. You'll skip the comparison-shopping because you just don't have time. Or you buy something that's not in your budget because, well, you just do. You're bound to make mistakes. The key is to right your rocky boat quickly to get back on track.

If you're still back at, "But Gail, who has time for this?" listen to me. I do. I track my money and stay conscious about what I'm doing with it. That's why I had enough money to walk away from television when I was asked to compromise my integrity. You can't have money if you aren't prepared to pay attention to it.

You drag your sorry butt out of bed come rain, snow, sickness or exhaustion. You bust said butt to make money so you can have a life. Shouldn't you spend at least two hours a month figuring out where that money is going?

Yup, that's all it'll add up to. Every time you buy anything, ask for a receipt and then add the info to your spending journal that night. It could take four to six weeks for the habit to really take hold. Less if you're flexible. More if you're a stubborn dog.

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Career advice every millennial needs to hear

Work. Take hold of your employment destiny by taking heed of these important tips

MARIANNE HAYES

Metro in New York City

Millennials are quickly making up a huge chunk of the workforce. Today many are still in entry-level roles, which makes now the perfect time to start strategizing future career growth.

"You've really got to be the CEO of your own career," says millennial workplace expert Lindsey Pollak.

How exactly do you do that? Pollak, the New York Times bestselling author of *Becoming the Boss* is here to tell you.

Network, network, network

It may sound obvious, but the importance of networking cannot be overstated. This especially holds true for millennials — many of whom are opting for the freelance life as opposed to traditional 9-to-5s.



It's estimated Millennials will make up 75 per cent of the workforce by 2025. ISTOCK

(According to a 2013 Millennial Branding report, nearly half of all millennials value workplace flexibility over pay.) The truth is that freelancing/consulting/whatever you want to call it is a fast-growing trend among Gen Y-ers.

"I think the economy has changed, particularly since the Great Recession, and it's harder to get a full-time job

with benefits," says Pollak. "I also think a lot of millennials aren't as attracted to full-time, paid employment. They're interested in side gigs, freelancing, and entrepreneurship in addition to, or instead of, what we've considered traditional employment."

If you're even partially self-employed, which many millennials are, networking is critical

to drumming up business.

Pollak says becoming active in professional associations and alumni groups can open the door for establishing new contacts.

Seek creative leadership roles

Millennials are a confident bunch. According to Pollak, most members of this generation are itching to move up the

In case of emergency

Don't blow off the value of insurance

- Freelancing certainly doesn't come with a cushy benefits package. And even if you work for a company, many employers are scaling back on the types of benefits they offer. Pollak advises all millennials to think ahead when it comes to disability and life insurance.
- "Disability insurance will keep a paycheck coming in if you're not able to work because of an off-the-job injury or illness," she says. "And life insurance is something a lot of millennials just don't think about. But if, for example, your parents co-signed your student loans that you're still paying back and something happens to you, your parents would still be responsible for them."

ladder — sometimes way faster than their companies are willing (or able) to promote them. One 2014 millennial leadership survey from The Hartford found that 83 per cent of millennials already feel like leaders, whether they're in leadership positions or not.

If you're currently employed within a company, Pollak advises getting as involved as you can. "It's no longer enough to just put your head down and do the work," she

says. "You've also got to go to meetings, sign up for mentoring, join an internal network within your company, and volunteer for projects and internal assignments."

Be sure to look for leadership roles outside of your company as well. This could include working with nonprofits or local community groups.

These are the things that'll beef up your resume and LinkedIn profile. They'll also satisfy your desire to lead.

How to keep work from controlling your life

Career. It's important to maintain an existence outside of your nine-to-five

EMILY LAURENCE

Metro in New York City

Chances are, even if you love your job, you want your life to be more than just work, work, work. But instead of using off-hours to pursue a new hobby, many either don't have the energy or are still "on," responding to constant emails.

"Technology has freed us up in many ways, but at the same time it's imprisoned us. It's very difficult to create boundaries," says Brigid Schulte, author of *Overwhelmed: Work, Love and Play When No One Has Time*.

To help create boundaries, Schulte advises setting aside a certain time each day to check email and that's it. She also says that leaving work "on time" won't keep you from getting ahead. "The way you get ahead is [simply] to do really great



Catching up on an office project from the comfort of your bed does not count as leisure time. ISTOCK

work," she says.

The sad thing is, according to leisure researcher Roger Mannell, even when people have a block of time free, they don't know what to do with it. That leads to mindlessly watching TV, messing around on your phone and not doing anything that leaves you feeling satisfied with how you used your time.

"There is no rule of thumb like 'x' amount of leisure time makes you feel great," Schulte says. "Control and choice are the keys."

What work-life balance looks like

Craig Nevill-Manning has a

demanding job as an engineering director at Google, building features like their Crisis Response organization and improving the search engine's functions. But for years, he wanted to pursue another interest of his in his off-time: opening up a café.

He opened Happy Bones café and has struck a balance between working full-time and tending to his passion project on the side.

"I have great partners, including my wife, and a great café manager," he tells us. "And at Google, we encourage employees to have a good work-life balance."

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Meatloaf gets an Italian-inspired upgrade

Dinner. Eggplant Meatloaf brings the well-loved flavours of tomato sauce and Parmesan cheese to the classic dish



ROSE REISMAN
For more, visit
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Meatloaf is an all-time family favourite recipe.

If you want to take this ordinary weeknight meal to different heights, try my updated version. I take a version of Eggplant Parmesan, serve it over the meatloaf and cover it with cheese. It's moist, delicious and healthy.

Directions

1. Preheat the oven to 400 F. Spray a 9x9 inch (square) pan with vegetable oil.

2. To make the meatloaf, combine the ground beef, egg, barbecue sauce, bread crumbs, green onions, garlic, basil and salt and pepper in a bowl. Pat into square pan and spread half a cup of the tomato sauce

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Nutritional information

Per serving

- **Calories.** 347
- **Carbohydrates.** 30 g
- **Fibre.** 2 g
- **Protein.** 34 g
- **Total fat.** 12 g
- **Saturated fat.** 5.2 g
- **Cholesterol.** 158 mg
- **Sodium.** 870 mg

over top (saving the 1/4 cup remaining for the eggplant.)

3. Meanwhile, prepare the eggplant. Whisk the egg with the water in a small bowl. Combine the bread crumbs, parsley and Parmesan on a plate, mixing well. Dip the

Ingredients

Meatloaf

- 16 oz (1 lb) extra-lean ground beef
- 1 egg
- 1/3 cup barbecue sauce (or ketchup)
- 1/3 cup seasoned dry bread crumbs
- 1/4 cup finely diced green onions
- 1 1/2 tsp crushed garlic
- 1/2 tsp dried basil leaves
- pinch of salt and pepper
- 3/4 cup tomato sauce

Eggplant

- 1 egg
- 2 tbsp water or 2% milk
- 3/4 cup seasoned dry bread crumbs
- 3 tbsp chopped fresh parsley
- 3 tbsp grated Parmesan cheese (3/4 oz)
- 6 crosswise slices of eggplant, skin on, approximately 1/2-inch thick
- 2 tsp vegetable oil
- 1/2 cup shredded part-skim mozzarella cheese (1 1/2 oz)



This recipe serves four. ROSE REISMAN

eggplant in the egg mixture, then coat with the bread crumb mixture. Place on a baking sheet sprayed with vegetable oil.

4. Bake both the eggplant and meatloaf for approximately 15 to 20 minutes. The beef should reach 165 F and the eggplant should be browned.

5. Assembly: Place the eggplant slices overtop of the meatloaf. Spread the remaining 1/4 cup tomato sauce over the baked egg-

plant slices. Sprinkle with the mozzarella cheese. Bake the Eggplant Meatloaf for 5 minutes or until the cheese is melted.

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Young hoops fans thrilled with Rainmen victory

NBL Canada. Forward's 23 points and eight rebounds propels Halifax past Storm



KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

Kevin Young sure was a popular guy Sunday afternoon.

Kids inside the Scotiabank Centre lined up for autographs and photo opportunities with the Halifax Rainmen forward, who put 23 points on the scoreboard and pulled down eight rebounds to lead his team to a 112-101 win over the Island Storm.

The victory gives the Rainmen a taste of Atlantic Division vengeance, after they fell 114-104 to the Island Storm last Thursday night in Charlottetown. It also gives the local National Basketball League of Canada club two straight wins, with the Rainmen also topping the Moncton Miracles 100-93 on the road Friday night.

"It was pretty fun," the six-foot-eight, 215-pound Young said of Sunday's game, while taking a break from greeting his pint-sized admirers.

"We just came out aggressive, and right from the jump we started playing defence," Young said of what the difference was for the Rainmen, who have only beat the Charlottetown-based Storm one other time out of six games played against them this season.



The Island Storm's Louis Birdsong, left, and Billy Rush try to put the breaks on the Halifax Rainmen's PJ Foster during on Sunday afternoon at the Scotiabank Centre. JEFF HARPER/METRO

On the road again

The Halifax Rainmen travel to Ontario to take on the Windsor Express this Wednesday at 7 p.m. ET, then the Mississauga Power on Thursday at 7 p.m. ET, before hosting the Saint John Mill Rats at 2 p.m. on Sunday at the Scotiabank Centre.

The Island Storm lead the Atlantic Division with a 15-7

record, while the Rainmen are in second place with 10 wins and 10 losses. The Saint John Mill Rats are in third and Moncton Miracles are in fourth place.

"We got a lot of big steals, and it kind of made them hesitant on their passes later on in the game," 24-year-old Young said of the successful game plan. "Rebounds win games — it's proven."

Power forward Emmanuel Jones also sunk 23

points Sunday, while adding seven rebounds. Joey Haywood had 23 points, while Seiya Ando contributed 13 points.

Young, who signed on with the Rainmen in early December, said he's enjoying the Halifax atmosphere.

"Snow is not a problem," the Perris, Calif., native said with a chuckle, adding it's "a great community."

"Everybody's into it, from the parents to the kids," Young said.

AUS women's basketball

Thompson helps Tigers top V-Reds

The Dalhousie Tigers shot their way to a 68-56 win over the UNB Varsity Reds in women's basketball action Saturday night.

Guard Courtney Thompson led the way for Dalhousie with 22 points, while forward Tessa Stamberger put up 20 points and pulled down seven rebounds.

The Tigers are now two points back of the first place Saint Mary's Huskies' 22 points in the AUS standings.

On the men's side, the Tigers fell 98-57 to the Varsity Reds, but the two rivals remain tied for second place with 18 points apiece. **METRO**

AUS hockey

It's splits galore for city's schools over weekend

All four of Halifax's AUS hockey contenders split weekend action on the ice.

On the women's side, the Saint Mary's Huskies fell 5-1 to the St. Francis Xavier X-Women on Friday and edged the St. Thomas Tommies 3-2 in overtime on Saturday. The Dalhousie Tigers dropped a 5-0 decision to the UPEI Panthers on Saturday and edged the Moncton Aigles Bleues in a shootout Sunday night.

On the men's side, the Huskies beat the Aigles Bleus 5-2 and lost to the UNB Varsity Reds 3-1, while the Tigers edged the UPEI Panthers 2-1 and fell 6-2 to the St. Thomas Tommies. **METRO**



Kyle Farrell of the Screaming Eagles, left, tries to hold off Mooseheads forward Nikolaj Ehlers Sunday evening at Centre 200 in Sydney.

T.J. COLELLO/CAPE BRETON POST

Moose rally falls short in Cape Breton

The Mooseheads had quite the comeback Sunday evening in Sydney — until they didn't.

After allowing four goals in a tough start against the Cape Breton Screaming Eagles, the Herd answered back with three straight power-play goals and another of their own to tie it up at the end of regulation.

But Cape Breton blue-liner Loik Léveillé scored 4:12 into overtime for a 5-4 win in front of 2,581 fans inside Centre 200.

"We showed a lot of character," Mooseheads head coach Dominique Ducharme said after the loss.

Quoted

"He had a solid game and took advantage of our power-plays in the second."

Halifax Mooseheads head coach Dominique Ducharme on forward Timo Meier

Swiss import Timo Meier, 18, had a hat trick, including the first two markers with the man-advantage in the second period, and the fourth with 13 seconds left on the clock.

Danny Moynihan, 19, had

Halifax's third goal at 11:39 of the third, again on the power play. Defenceman Cavan Fitzgerald, 18, had four helpers, while Danish import Nikolaj Ehlers, added three assists.

A couple of early mistakes and unfortunate bounces led to the early hole, Ducharme said.

Léveillé, Phélix Martineau, Stephen Anderson and Colin MacSween had the regulation goals for Cape Breton. Halifax goalie Eric Brassard made 21 saves, while the Screaming Eagles' Alexandre Bélanger stopped 36.

KRISTEN LIPSCOMBE/METRO

Patriots rout Colts for AFC championship

Lopsided win. Pats to face Seahawks in Superbowl XLIX

Bill Belichick and Tom Brady are headed to a special place where no coach or player has gone more — the Super Bowl.

They earned their trip with the second-most lopsided AFC championship victory ever.

The New England Patriots dominant duo earned a sixth trip to the Super Bowl with a 45-7 wipeout of the Indianapolis Colts in the AFC championship game before a raucous, rain-soaked crowd Sunday night.

The Patriots tied Dallas and Pittsburgh for most appearances in the big game with eight.

Scoring touchdowns on their first four second-half possessions, the Patriots (14-4) moved on to face defending champion Seattle (14-4) for the NFL title on Feb. 1 in Glendale, Ariz. Belichick will face Pete Carroll, whom he replaced as Patriots coach in 2000. The Seahawks beat the Green Bay Packers 28-22 in overtime in the NFC title game.

Brady threw three touch-



Patriots running back LeGarrette Blount celebrates one of his three touchdowns on Sunday night in Foxborough, Mass. GETTY IMAGES

AFC championship

45

Patriots

7

Colts

down passes, LeGarrette Blount ran 30 times for 148 yards and three scores and the Patriots charged away after leading just 17-7 at half-time.

Brady completed 23 of 35

passes for 226 yards before being replaced by Jimmy Garoppolo with 3:20 left. Brady went to the sideline where he was embraced by Belichick. Moments earlier, while sitting on the bench, Brady was shown on the video board with soaked hair. He pumped his fist in the air 12 times then slapped hands with teammates.

For Colts quarterback Andrew Luck, it was the worst game of his three-year career and the fourth rout in his four career games against the Patriots, all by at least three touchdowns. He completed 12 of 33 passes for 126 yards, no touchdowns and two interceptions.

The Indianapolis defence was porous against the run again Sunday night. They weren't much better against the pass.

The biggest blowout in AFC title history was Buffalo's 51-3 win over the Los Angeles Raiders in the 1990 season.

With his sixth Super Bowl berth, Brady surpassed John Elway for the most by a quarterback and tied defensive lineman Mike Lodish for most by any player. Belichick's sixth visit tied him with Don Shula's for most by a coach. **THE ASSOCIATED PRESS**



A gold day on the slopes

Montreal's Justine Dufour-Lapointe added to her Olympic gold medal by winning the world moguls title on Sunday, while Mikael Kingsbury of Deux-Montagnes, Que., took silver in the men's event. **GETTY IMAGES**

Downhill skiing

Vonn win matches record

Two serious knee surgeries, fog, soft snow and mounting pressure to match one of skiing's most hallowed records.

Lindsey Vonn fought through difficult conditions to win a demanding downhill Sunday and match Annemarie Moser-Proell's 35-year-old record of 62 World Cup wins.

Vonn clocked a time of one minute, 39.61 seconds down the Olympia delle Tofane course in Italy to finish 0.32 ahead of Elisabeth Goergl of Austria.

THE ASSOCIATED PRESS

NHL

Rangers trounce Penguins

Rick Nash scored twice to lift his goal total to an NHL-high 28 and the New York Rangers drummed the Pittsburgh Penguins 5-2 on Sunday.

Derek Stepan also scored twice for the surging Rangers and Derick Brassard had a goal and an assist as New York improved to 15-3 over its past 18 games.

The Rangers pulled within two points of second-place Pittsburgh in the Metropolitan Division standings. **THE ASSOCIATED PRESS**

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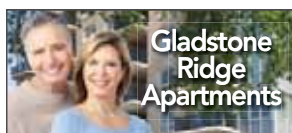
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AUGMENTED REALITY

Stuck on 12 Across?
Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.



→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

You are assertive by nature but you also possess charisma and with Venus so strong in your chart at the moment you will charm the birds from the trees.

♉ Taurus

April 21 - May 21

You will either impress some very important people today or you will upset some very important people. There is no middle ground.

♊ Gemini

May 22 - June 21

Anyone who thinks that you will change your plans to fit in with what they want to do clearly does not know you well. Let them know you're the boss.

♋ Cancer

June 22 - July 23

If facts and figures don't add up then you must investigate the matter. Yes, you may annoy a few people but as it's your reputation and money at stake you can't afford to take chances.

♌ Leo

July 24 - Aug. 23

It is likely that you will have a heated difference of opinion with someone today and you must not back down. Others will respect you more if you stand up for yourself.

♍ Virgo

Aug. 24 - Sept. 23

You take your responsibilities seriously, which is good, but if you focus on them to the exclusion of everything else today you could miss out on a fun time. All work and no play is rarely a good idea.

♎ Libra

Sept. 24 - Oct. 23

Find a balance between being assertive and being passive. Cosmic activity in your fellow Air sign of Aquarius will see to it that the right opportunity arrives at the right time.

♏ Scorpio

Oct. 24 - Nov. 22

If you speak your mind today you will get away with it no matter how outrageous your comments may be. If you speak your mind tomorrow there may be negative consequences.

♐ Sagittarius

Nov. 23 - Dec. 21

If a friend asks for your opinion about something it will pay you to say what you think they want to hear, even if you believe the opposite. Arguments are best avoided over the next 24 hours.

♑ Capricorn

Dec. 22 - Jan. 20

Don't change things for the sake of it today because almost certainly you will have to change them back again when mind planet Mercury turns retrograde on Wednesday.

♒ Aquarius

Jan. 21 - Feb. 19

You won't care in the slightest what anyone thinks about you today. You are determined to show that you will follow your own path through life.

♓ Pisces

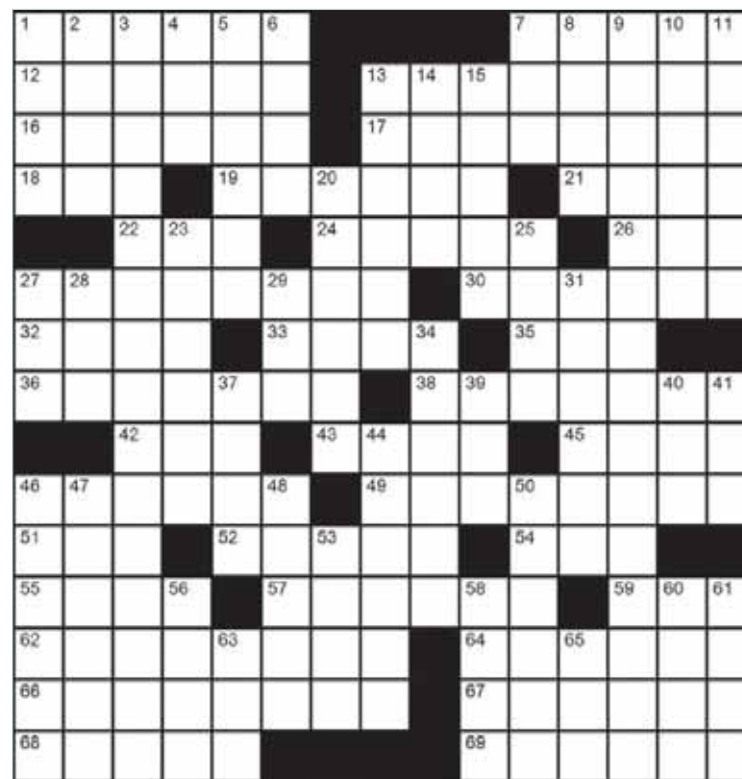
Feb. 20 - March 20

You may not be your sociable self today but in a way that's OK because you need to spend time in your own company. Think about life's direction.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. US federal holiday: Martin ___ King Day
7. Current movie starring David Oyelowo as the Civil Rights leader at #1-Across
12. Author S.E. Hinton = Susan ___ Hinton
13. Monument type honouring #1-Across in Washington, D.C.
16. Bays
17. Big name in typewriters when typewriters were big
18. T-___ pans
19. Classic video game platforms
21. British WWII submachine gun
22. Athletic
24. Singer Ms. Payne
26. Caustic stuff
27. Saint John, NB: Circular fort, as per Carleton ___ Tower
30. Dwell
32. Tire: French
33. Glass Tiger's "My ___"
35. Gladiator's 201
36. One of the Windward Islands
38. Songstress Joan
42. "Volare (___ Blu Dipinto Di Blu)"
43. Root vegetable
45. Amphibious sort
46. Robinson ___ (Classic book)
49. Snow ___ (Arctic birds)
51. "Superman" g.r.o.u.p.



52. Lohengrin aria: "___ Dream"
54. "Yay!"
55. Long-range weapon, commonly
57. Airline, ___ Pacific
59. "Well!"
62. Soapstone
64. Flying bird, at

- times
66. Destroyed by acid
67. Bags
68. Canadian figure skating great Brian
69. "Remington ___"

Down

1. Norse navigator Mr. Ericsson
2. Forearm bone
3. They often start 1-800...: 2 wds.
4. "Hurry!"
5. Millionaire's spread
6. Relaxation
7. First 'S' in USSR [abbr.]
8. '70s Spanish hit: "___ Tu"
9. Canadian animal breed (answer is the nickname of it) that achieved official national status in 2002:

Friday's Crossword



Online

See today's answers at metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



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